

Iso Lempilo



Ikhizwa yiHhovisi lezokuXhumana: 4 Spine Road, Clernaville, P. O Box 371, Clernaville 3206. Tel: 031 707 1355, Fax: 031 707 2248

Inside this Issue

Usuku lokugubha amasiko KwaDabeka

PAGE 1
Usuku lwaMasiko

PAGE 2
-Umhleli
-Umkhankaso wokuqwashisa ngoMdlavuza

PAGE 3
-Usuku lwezingane
-Abaqashweyo
-Abahambileyo
-Izimemezelo

PAGE 4
-Ezempilo
-Izwi LeNkosi
-Izithako zokudla
-Amahlaya

PAGE 5
-Ezemidlalo
-Iziphico

PAGE 6
-Umxhumanisi waseHlengisizwe CHC
-Umkhankaso woVendle

PAGE 7
-Amakhalenda abasebenzi

PAGE 8
-Umkhankaso wokulwa nokudlwengula
-Izithombe



Sipho Makitla (Stores)



Amazwibela ngezithombe:

Abanye babasebenzi laba abasinayo behlabelela phambi kwamaJaji



Umtholampilo waKwaDabeka ugubhe usuku lwamasiko okokuqala ngenkathi abasebenzi bakulesisikhungo behlanganyele ndawonye besina, beviliyela futhi behlabelela begqoke imvunulo yezinhlanga ezehlukene.

Abaphathi balesisikhungo bawubuke lomcimbi njengano-baluleke kakhulu ekuhlanganiseni abasebenzi bezinhlanga ezehlukene.

Ngenkathi siqhubeka nokunikezela ngemisebenzi yethu esezingeni eliphezulu kumakhasimende ethu, nakanjalo futhi abasebenzi kubalulekile ukuthi

bagubhe imigubho efuze lena. Ngalolusuku kwacaca bha ukuthi abasebenzi kabakhohliwe yimvelaphi yabo, noma ngabe bakumaphi amazinga empilo. Iningi labo lavukwa wusinga ngenkathi behaya amahubo esintu bekhumbula izikhathi zakudala lapho imigubho efuze lena yayiyinsada.

Kwabe kusindwe ngobethole, ngenkathi ukudla okunhlobonhlobo kuhlotshiswe ngakho, ngibala okwesintu okunjengamadumbe, ubhatata, imifino, amathanga, ngisho noqombothi imbala. NokwabaseNdiya nakho kwakudla umunyu

(okuthandazelwe), kanti nokwaseNtshonalanga (English) kukhona. Izinsizwa nezintombi, ezincane nezimnkantsh' ubomvu, zabe zisika ukhasi ngengqephu yesintu ziviliyela phambi kwamajaji zikhombisa ubuhle bokuhlukana kwamaSiko eAfrika. Lokugubha lolusuku, kunika ithemba ngephupho likaMontgameli weZwe ukuthi lingaba yimpumelelo uma sonke sihlangukana.

Nangonyaka ozayo lomgubho uzobuya futhi ube usukwelinye igxathu.

Umsakazo uKhozi Fm usakaza buk- homa KwaDabeka CHC

Uchungechunge lwezinhlelo zo msakazo UKozi Fm zokusakaza ngaphandle bukhoma sekunike elikhulu ithemba ngalesisikhungo sezeMpilo sakaDabeka. Lokhu kungenxa yokuvakashela kwalomsakazo kulesisikhungo muva nje. Lezinhlelo zenzeke ngokuxhumana nensebenziswano enhle phakathi kwekomKhulu lezokuXhumana lomnyango weZempilo kanye no Khozi FM.

Abantu baKwaDabeka, Clermont namaphethelo batheleka ngezinkani bezozwela bukhoma izikhulu nabanye abasebenzi balesikhungo beshiyelana inkundla bechaza ngemisebenzi nangezinsizakalo ezitholakala kuloMtholampilo.

Khona manjalo izinkumbi zabantu zabe zingazibekile phansi zidansa zijabulela isilomo sabo esingu Linda "Mr Magic" Sibiya.

Sibonga kakhulu ukusebenzisana sonke, nanokuziphatha kahle komphakathi waKwaDabeka.

Mental Health Awareness

Nangalolusuku umkhankaso wokufundisa nokuqwashisa umphakathi waseClermont ngezifo ezihlukene wawuqhubeka.

Ngokusebenzisana noNompilo lomcimbi waba nesasasa.

Iningi labantu abahlukumezeke ngokomqondo babeyinxenye yalomkhankaso.

Iningi labo lalidansa licula kamnandi.

Izikhulumi zomnyango wezeMpilo zaqhakambisa kakhulu iqhaza umphakathi nemindeni okumele ulibambe ekusizeni abantu abakhubazeke emqondweni.

Abanye beziguli banikezwa ithuba lokuzwakalisa ilaka labo ngenhlalo mpilo yabo emiphakathini eyehlukene.

Umkhankaso wokuqwashisa ngoMdlavuzwa eClermont

Umphakathi wase Clermont naKwaDabeka ube nethuba lokuhlangana nabaphathi beklinike iKwaDabeka Community Health Center emcimbini wokuqwashisa ngezifo ezahlukahlukene ezisondelene nomdlavuzwa

Umcimbi ububanjelwe eSolomon Mahlangu Hall (Clermont) mhlaka 24 Agasti. Yize abaphathi baKwaDabeka bafika sebeshiywe isikhathi abantu bakwazi ukudlulisa ukubonga kanye nemibono eyayiqondiswe kumphathi we Kliniki KwaDabeka.

Lomcimbi wawugwele into-kozo kanye nolwazi, Kwa-fudumala Iholo umculo omandi onompilo babewucula, babuya badlala ngisho umdlalo woshashalazi owawukhuluma uqwashisa ngokubaluleka kokuvakashela umtholampilo ukuze umuntu ahlolwe.

Unkosikazi D. Mt (unompilo) uzwakalise ukubaluleka kokugququzela umcimbi oqwashisayoingoba ngaso sonke isikhathi uma benza umsebenzi wokuhambelana emakhaya bahlangabezana nabantu abaningi abagulayo bebe



Umhleli:

A warm welcome to all of you. I have already spent three months and its like a year now. You are most welcoming and accommodative.

During this short period of time being with you, I have learnt a lot while trying to find my feet. My job will not be successful without your input, however, I have recently teamed up with a number supervisors from various sections in some of my public relations activities and health promotional campaigns, which I found it amazing to work with them.

The Heritage Day we celebrated on the 22nd of September would not be a huge success like it was had it not been for your contributions, all staff did really support me. And for that I thank you indeed.

Many challenges facing all of us as health workers are among them, the culture of using whatever information there is. If all health workers can be able to use a computer and have access to the Departments intranet, surely we would all understand every Departmental policies and protocols. Batho Pele Principles as it is, is not something that should be enforced only by the PRO or the Manager, but it should be something that all staff, particularly front line staff who deal with our clients face top face on a daily basis.

I did not want to touch on a Public Relations Officer's Workshop that we went to, but I would like to point out that it did help me see beyond my daily duties and opened my mind.

We are now approaching our festive season, where we all going to spend time with our loved ones while enjoying Christmas. But before that, I would like us to think deeply about the upcoming World Aids Day on the 1st Day of December and remember all those who died of Aids and those orphans left behind. We are all affected indirectly, but let us support all those who are directly affected.

Take Care. "Patients first", is our motto in KwaDabeka CHC. Our next issue will be end of January 2006. Till next time!!!

Thank you all.

Tyron Khuzwaye

Public Relations Officer



[Usuku lokukhumbula labo abasishiya ngenxa yengculazi selusemome, Kodwa sinamakhuluku ezinganwe eziyizinkedama ngenxa yalesifo KwaDabeka NnaseClermont. Yini esingayenza ukusiza lababantwana?](#)

[Nkenkathi silungiselela ukugubha lolusuku kanye nabo ukuze bazizwe beyinxenye yomphakathi esiwusebenzelayo, sicela ubeke imibono yakho noma yini ongasisiza ngayo kwinombolo ethi 227 noma uzifikele mathupha ku eHhovisi el-](#)

IKwaDabeka iyisibonelo esihle ngokugquzela ukunceliswa kwezingane ibele.

“Akukhathalekile ukuthi ukudla okunjani okupha umntwana wakho, kodwa ukuncelisa ibele kuyohlale kuyiyona ndlela enomekayo yokukhulisa ingane. Cishe iningi lethu lanceliswa ibele. Ngisho nochwepheshe kulendima bayakufakazela ukuthi ibele likamama linayo yonke imisoco nezakha mzimba umntwana azidingayo ukuthi akhule ephila kahle. Yingakho nje...

Umtholampilo woMphakathi waKwaDabeka uqhubeka nokuba yisibonelo esihle ekugquzeleni ukunceliswa kwebele.

Loluhlelo oluqhubekayo lusho ukuthi omama bayafundiswa bagquzelwe ngokubaluleka kokuncelisa umntwana. Loluhlelo lwenziwa njalo ngonyaka futhi nagalonyaka belikhona lusemgangathweni ophezulu. Lomcimbi wawuhambisana nalowo futhi womncintiswano wengane eyondleke kahle kunazo zonke ngosuku otyodwa lwango mhlaka 01 August. Ngokusho kukaNks Thandi Hadebe ongumgquzeli waloluhlelo, umcimbi wangalonyaka waba yimpumelelo enkulu ngenkathi omama bezingane abawomakhelwane betheleka ngezinkani. Labo abawina lulomncintiswano wengane eyondleke kahle baklonyeliswa ngeziphopho zakwaJohnson & Johnson futhi besasa

kakhulu. Johnson & Johnson's supplied with baby products

Nalapha siyabona ukubaluleka kokusebenzisana nabasebenzi bezempilo abasebenzisana nomphakathi (CHW) njenganokunobuhlahali obukhonjiswa abagquzeli balezizinhlelo. Baphinda ngalolusuku bashaya into ecokeme, ingcwenga yomculu, kuhlangukisa isicathamiya nendlamu. Ungabona ngisho ukude kangakanani ukuthi izingane ezziyinxenye yalomcimbi zabe zingezondleke kahle ngobisi lwebele. Lokhu kwahlaba umxhwele u Mrs Dlamini owasukuma wahaya inkondlo ngobisi lwebele. Zaziphakathi kwamashumi ayisihlanu kuya kwayisithupha izingane ezangenela lomncintiswano. Abagquzeli basithembisa ubumnandi bodwa nonyaka ozayo.

Siyaxolisa ngezithombe

Abaqashiweyo/Abahambileyo/Izimemezelolo

ABAQASHIWE

- Vellem N. B 2006/07/01
Nursing Manager (Hlengisizwe CHC)
- Magwaza N. D. N 2006/06/07
Professional Nurse (Hlengisizwe CHC)
- Kunene S. G 2006/06/01
Clerk (Hlengisizwe CHC)
- Mbuyisa S. G 2006/04/20
Driver (Hlengisizwe CHC)
- Shezi N. C. P 2006/05/01
Clerk (Hlengisizwe CHC)
- Khuzwayo T. M 2006/08/01
PRO (KwaDabeka CHC)
- Mngadi P. N 2006/08/01
ENA (KwaDabeka CHC)
- Mncwabe S. T 2006/09/01
Darkroom Attendant (KwaDabeka CHC)
- Mntungwa P. S 2006/09/07
Dental Assistant (Botha's Hill Clinic)
- Maphalala N. B 2006/09/01
ENA (KwaDabeka CHC)
- Mkhize T. J 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mhlongo L. G 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Dlamini J. C 2006/09/01
Senior Professional Nurse (Hlengisizwe CHC)
- Ntsele G. N 2006/09/13
Medical Manager Secretary (KwaDabeka CHC)

- Mnyandu M. B 2006/10/02
ENA (Botha's Hill Clinic)
- Sbhongile Tshabalala 2006/10/09
PRO (Hlengisizwe CHC)
- Mkhize T. J. E 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mhlongo C. G 2006/10/01
Senior Professional Nurse (KwaDabeka CHC)
- Mthethwa T. B 2006/10/01
Clerk (KwaNdengezi Clinic)
- Majola S. G 2006/08/01
ENA (KwaDabeka CHC)

ABAHAMBILEYO

- Majola X.N.A 2006/03/03
(Bothas Hill Clinic)
- Fassom D. D 2006/05/31
(KwaDabeka CHC)
- Dlamini H. F 2006/05/22
(KwaDabeka CHC)
- Zondi L. S 2006/02/28 (Botha's Hill Clinic)
- Dlamini N. Z 2006/05/15
(KwaDabeka CHC)
- Phungula N. H 2006/07/31
(Fredville Clinic)
- Tembe N. P 2006/07/31
(Peaceville Clinic)
- Ramkun N. 2006/08/31

(KwaDabeka CHC School Health)

- Dlamini T. A 2006/08/31
9KwaDabeka CHC)

IZIMEMEZELO

- Abasebenzi abafisa ukubhala izingane ngeminyango yabo noma lapho besebenza khona bangashayela umhleli ucingo ku 227
- Bonke abasebenzi abafisa ukusungula noma yiluphi uhlelo lwezemidlalo, umculo, ikhwaya yeCHC, babhalise amagama abo ku Room 32.

ABAZALWAYO

- 14 October—Sthe Mvuyana)
- 13 September—Mrs Thembi Mntaka
- 04 September— Mr Khulekani Xaba
- 27 October— Mr Sbusiso Chiya
- 01 Deecember—Bhekani Hadebe

All above information supplied by Ms Sthe Mvuyana (Human Resource Officer KDC)

Health wise



IMIGUBHO YEZEMPILO ESAZOBAXHONA YOMHLABA NEYEZWE

NOVEMBER:

- 5 (Usuku Lwezingane)
- 9 (Usuku lweQuality loMhlaba)
- 12 (Usuku lukaMalal' eveva)
- 14 (Usuku loMhlaba lukaShukela)
- 16 (IUsuku loMhlaba lokubekezelelana)
- 25 (Usuku loMhlaba lokulwa nodlame olubhekiswe kwabesiMame)
- 25 (Igxathu ekulweni nokuhlukunyezwa kwabesiMame)

DECEMBER:

- 1: Usuku LoMhlaba LweNgculazi
- 3 Usuku loMhlaba LwaBantu abakhu bazekile
- 5: Usuku loMhlaba lwamaVolontiya

Yikuphi okwaziyo ngoMdlavuza webele? Nazi izinkomba ezimbalwa:

- *Isigaxana noma yiqhuzwana ngaphakathi*
- *Uketshezana oluphuma ezin-gonweni zebele.*
- *_____kwesikhumba sebele lakho.*
- *Ukukhula kwebele langanx-anye kunelinye.*
- *Izingono zamabele ziyafing-ceka zishone phakathi kunokuba ziqonde.*
- *Ukuvuvukala noma izindlala emakwhapheni.*

brae when you stand and sit properly your back muscles are doing their work and easing the pressure. Maintain the S- bend by avoiding twisting and bending your back- especially if you're about to pick up a load or staying in awkward positions for long period.

Ukuzivocavoca kwenza imisipha negazi lakho lisebenze ngendlela eyiyo.

IZINHLUNGU ZEZOLO Ungazivikela kanjani?

Stand—and sit up straight Slouching means putting extra pressure on those long- suffering verte-

Izwi leNkosi

Uma umuntu ethi, "Ngiyamuthanda uNkulunkulu," kepha ezonda umfowabo, ungumqambi manga. Ngoba wonke umuntu ongamthandi umfowabo, kodwa amubonayo ngamehlo, akakwazi ukuthanda uNkulunkulu angakaze ambone ngamehlo.

NgokukaJohane 4:20

Izithako

Sweet potato wedges with sour cream and coriander dip

YOU WILL NEED

SWEET POTATO WEDGES

- 900g sweet potatoes, unpeeled but scrubbed oil for frying
- Salt

SOUR CREAM AND CORIANDER DIP

- 150 ml sour cream
- 15 ml (1 tablespoon) fresh coriander, chopped
- 1 garlic clove, crushed
- salt and pepper

Amahlalaya

INTATHELI EHLAKANIPHILE

Intatheli ehlananiphile yayiphuthuma lapho kwenzeka khona ingozi yemoto njengoba kwakulindlekile.. Inqwaba yabantu yabe isivele isikhona lokhu okwenza ukuba intatheli yephephandaba eyayilangazelele udaba ingakwazi ukusondela. Yase intatheli izama iqhinga. Yaqala yamemeza klakhulu ithi: "Ngidluliseni, Ngidluliseni, ngiyindodana yalowo olinyazwe yileyomoto". Isixuku esasilapho saqala sagigitheka, sahamba samdedela wadlula. Kanti phambi kwemoto kwabe kulele imbongolo.

TWO DETECTIVES

Two detectives, trained in spotting clues everywhere they look, go on a camping trip. They set up their tent in the woods and fall asleep. Some hours later, one detective wakes...and says to his friend: "Look up at the sky and tell me what you see." the second detective replies: "I see millions of stars." The first detective says: "What does that tell you?" The second guy says: "Astronomically speaking, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, it tells me the Saturn is in Leo. Time wise, it appears to be approximately a quarter past three. Theologically, it is evident the Lord is all-powerful and we are small and insignificant. Meteorologically, it seems we

will have a beautiful day tomorrow. What does that tell you?.

The first detective says: "You idiot! It tells me that someone has stolen our tent!"

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Ikhona lezemidlalo

Seziyenzeka izinto kulabo basebenzi abafisa ukungenela noma imiphi imidlalo enhlobonhlobo. Selivele lisunguliwe ikomoti, ngehlahlaha abaphathi beqembu laKwaDabeka bayawusekela lombono.

Lelikomoti selike lahlanguka kabili lizobhunga ngezinto ezizokwenziwa, nokubalulekokusungula leqembu kanye nenqubekela phambili.

Elinye ilungu lekomoti liveze ukuthi cishe zonke izikhungo zempilo kwindawo yase Thekwini sezinawo amaqembu okubumbana kwabasebenzi, manje sekuyisikhathi sokuthi KwaDabeka nayo ibe neqembu layo.

U Mr V. Reddy (Human Resource Management) yaKwaDabeka futhi obuye abeyilungu lekomiti labaphathi beqembu utshele lelikomiti ukuthi nabaphathi bazinikele ukusekela ukusungulwa kweliqembu, ngaphandle kwalokho kubalulekile ukuzivocavoca kubasebenzi lokho kuzokwenza abasebenzi bakwazi ukuzithuthukisa. Uphinde wazwakalisa nokuthi imidlalo izokwakha ubudlelwane obuhle kubasebenzi kube khona nokuphumula emsebenzini.

Kwavunyelwana ngokuthi kubalulekile ukuthi umhxumanisi abekhona kulelikomiti khona azokwakha ubudlelwane phakathi kwabaphathi kanye nabasebenzi.

Ilungu le EAP nalo liyingxenywe yekomiti. Leliqembu lilindeleke ukuhlangana maduze ukuzoxoxisana

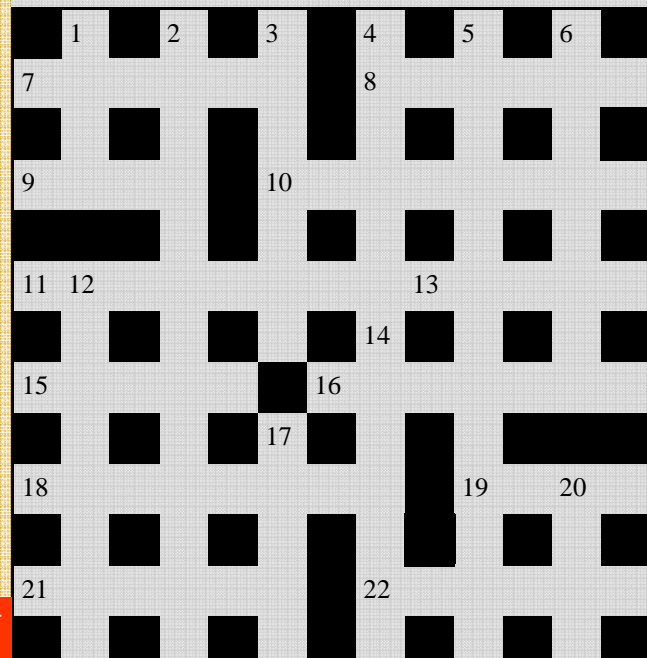
Isaziso

Bonke abafisa ukungenela noma yimiphi imidlalo enhlobonhlobo kanye nomculo bavumelekile ukubhalisa amagama abo kwi hhovisi lomxhumanisi no. 32 eduze nehhovisi lokubhalisa ext. 227 Yonke imingenelo ingafakwa ngaphambi komhla ka Siyabonga.

Umgugquzeli wezemidlalo

Across:		Down	
7	Room below ground level in a house (6)	1	Nought or nil (4)
8	Keep possession of something (6)	2	Increase in the average temperature of the earth's atmosphere (6,7)
9	Device that explodes (4)	3	Group of three related novels of films (7)
10	Duration of a person's existence (8)	4	A preliminary sketch of a plan (50)
11	An expression of regret after a wrongdoing (7)	5	Hot aftertaste is an anagram for the highest degree of development (5,2,3,3)
13	Direction opposite of North (South)	6	Length of a straight line through the centre of a circle (8)
15	Remove the lid from a bottle (5)	12	Hairstyle with hair tied at the back of the head (8)
16	Period of a hundred years (7)	14	SARS stands for South African —Service (7)
18	Sudden rush of a group of animals (8)	17	A boat that transports passengers over a short distance (5)
19	Jealousy or resentment (4)	20	Flesh of a calf (4)
21	Supper (6)		
22	Phoney or not genuine (6)		

Isiphico



Cut the puzzle and hand deliver it to Room No. 32. One winner will be profiled on our next issue which will come out at the end of January 2006

November 2006

Red Ribbon & Quality Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5 National Children's Day	6	7	8	9 World Quality Day	10	11
12 Malaria Day	13	14 World Diabetes Day	15	16 International Day of Tolerance	17	18
19	20	21	22	23	24	25 International Day of No violence Against Women
26	27	28	29	30		

December 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 World Aids Day	2
3 International Day of Disabled Persons	4	5 International Volunteers Day	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

January 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

